



A curriculum to increase the self-efficacy in reproductive health of college females

By Serena Holguín

GRIN Publishing Sep 2014, 2014. Taschenbuch. Condition: Neu. Neuware - Master's Thesis from the year 2008 in the subject Health Science, California State University, Northridge, language: English, abstract: This project focused on implementing a needs assessment to measure baseline knowledge of college females on fertility awareness and to see if there was an interest for a curriculum addressing fertility awareness. The sample consisted of one hundred and fifty-seven (N = 157) college females who were given a needs assessment on their knowledge of the menstrual cycle, self-efficacy in interpreting fertility biomarkers, and desire for educational opportunities in fertility awareness. Statistical analysis showed a small correlation between an increase in age and self-efficacy in fertility awareness and Hispanic/Latinos scored significantly higher than Black/African Americans on the self-efficacy scale. The results of the needs assessment also indicated a desire for an educational opportunity in fertility awareness. Four content experts validated the curriculum that was created from the needs assessment, using a 10-point Likert scale. Future research needs to focus on racial and ethnic discrepancies on knowledge of the menstrual cycle and health education programs need to focus on menstrual and fertility awareness education for adult women. 84 pp. Englisch.



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